

CHARLIE'S ANXIETY ASSOCIATED WITH HER DEFENSE MECHANISM IN JONATHAN STROUD'S *THE LEAP* NOVEL

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ABSTRACT

This study is aimed to find out the anxiety and defense mechanisms experienced by the main character. As it is known, anxiety is a psychological problem of someone when a person feels threatened and overwhelmed as their world is about to collapse. As well as human in real life, anxiety and defense mechanism can also be represented by the characters in literary works. Based on that, the writer decided to analyze *The Leap* novel written by Jonathan Stroud and used it as the object of this study. A descriptive qualitative method was employed to fulfil the objectives of this research. As the data, this study employed words, phrases, clauses, sentences that were taken from *The Leap* in the novel. The results showed Charlie's character experienced anxieties which are neurotic anxiety and moral anxiety. The conclusion of this study considered Charlie's character experienced neurotic anxiety was indicated by panics and hallucinations. Charlie's anxiety starts to arise when she had a flashback about what happened to her and her friend, Max. Meanwhile Charlie's feelings of fear are caused by the people around her who always blamed her for not being able to save Max from drowning in the lake. Charlie's moral anxiety was indicated by a constant guilt and even gasping for breath. This anxiety reflected because she felt guilty for what happened to Max as she got a dream that she could save Max if she could pursue Max in her dreams. Additionally, Charlie also employed defense mechanisms which are displacement and denial. Displacement is done when Charlie used other means as a result of her fear of something so that she could bear with it. Meanwhile denial was done when Charlie could not accept the fact that Max was dead.

Keywords: anxiety, defense mechanism, *The Leap* novel

ABSTRAK

Penelitian ini bertujuan untuk mengetahui kecemasan dan mekanisme pertahanan yang dialami oleh tokoh utama. Seperti diketahui, kecemasan merupakan masalah psikologis seseorang ketika seseorang merasa terancam dan kewalahan karena dunianya akan runtuh. Seperti halnya manusia dalam kehidupan nyata, kecemasan dan mekanisme pertahanan juga dapat

direpresentasikan oleh karakter- karakter dalam karya sastra. Berdasarkan hal tersebut, penulis memutuskan untuk menganalisis novel The Leap karya Jonathan Stroud dan menjadikannya sebagai objek penelitian. Metode deskriptif kualitatif digunakan untuk memenuhi tujuan penelitian ini. Sebagai data, penelitian ini menggunakan kata, frasa, klausa, kalimat yang diambil dari novel. Hasil penelitian menunjukkan karakter Charlie mengalami kecemasan yaitu kecemasan neurotik dan kecemasan moral. Kesimpulan dari penelitian ini adalah karakter Charlie mengalami kecemasan neurotik yang ditandai dengan kepanikan dan halusinasi. Kecemasan Charlie mulai muncul ketika dia memiliki kilas balik tentang apa yang terjadi padanya dan temannya, Max. Sementara perasaan takut Charlie disebabkan oleh orang-orang di sekitarnya yang selalu menyalahkannya karena tidak bisa menyelamatkan Max dari tenggelam di danau. Kecemasan moral Charlie ditunjukkan oleh rasa bersalah yang terus-menerus dan bahkan terengah-engah. Kecemasan ini tercermin karena dia merasa bersalah atas apa yang terjadi pada Max karena dia mendapat mimpi bahwa dia bisa menyelamatkan Max jika dia bisa mengejar Max dalam mimpinya. Selain itu, Charlie juga menggunakan mekanisme pertahanan yaitu perpindahan dan penyangkalan. Perpindahan dilakukan ketika Charlie menggunakan cara lain sebagai akibat dari ketakutannya akan sesuatu sehingga dia bisa menahannya. Sedangkan penyangkalan dilakukan ketika Charlie tidak bisa menerima kenyataan bahwa Max sudah meninggal..

Kata kunci: *kecemasan, mekanisme pertahanan, novel The Leap*

A. INTRODUCTION

Literature is fundamentally an expression of life through the medium of language. It becomes a universal language, or in other words, literature is the art of communication about life and language (Fredrik 4). In addition, Johansen classified literature into fiction or non-fiction (qt. in "How to Distinguish Between Fiction & Non-Fiction Literature Genres"). Non-fiction refers to literature based on facts such as history, biography, politics, science, and many other factual subjects. At the same time, fiction refers to literature created from the imagination rather than factual events, like short stories, fables, legends, and novels (4). In conclusion, literature is a medium for a human to express their feeling, thought, or experiences as a reflection of their real-life or imagination through oral or written form. Novel is one form of literature that is very popular for all ages. A novel is "a picture of real-life and manners and of the time in which it was written" (Wellek and Warren, 282). The writer chooses the novel as an object because the data provided by the novel are more detailed in terms of the sentences and expressions used to help the reader develops their imagination.

One of the important elements which crucially constructs a novel is the characters. Characters are the figure represented in a novel or other literary work. A character can be defined

as any person the writer created in the novel. Identical with children in real life, children characters in a novel also experience psychological processes, and one of them is anxiety. Anxiety is a psychological problem of someone who is usually found in daily life. According to Schultz and Schultz, anxiety usually occurs when a person experiences fear, worry about something without an obvious reason (57). As human beings, when a person with anxiety encounters problems or unpleasant situations, they will find some ways to avoid anxiety. Therefore, they managed to form some defense mechanisms for self-adjustment to blend with society.

B. LITERATURE REVIEW

1. Anxiety

Anxiety is a psychological problem of someone who is mostly found in daily life. This feeling appears if you feel threatened, feel overwhelmed, feel as if it were about to collapse under the weight of it all (Freud, 7). Anxiety usually occurs when a person experiences fear, worry, something without an obvious cause (Schultz and Schultz, 57). Anxiety is divided into three kinds: there are realistic anxiety, moral anxiety, and neurotic anxiety.

a. Realistic anxiety

The first is realistic anxiety. This anxiety is closely related to fear (Freud, 7). It is also defined as an unpleasant, nonspecific feeling involving a possible danger. This anxiety makes us feel so afraid to go outside from home. The effect of this type of anxiety has relevance to dizziness, heartbeat, and hard breathing (Gottesfeld, 34). For example, fear of the danger of driving a vehicle that does not have brakes.

b. Moral anxiety

The second is moral anxiety. This anxiety is felt when a threat comes not only from outside the self or physically but also from our inner self. It is a fear of their conscience individual. Like other words, for feelings like shame and guilt and fear of punishment. Moral anxiety stems from the conflict between desires and moral values (Freud, 7). A person's anxiety comes from thoughts that are not in accordance with the moral code of society. People who have this anxiety are considered to have a well-developed conscience (Gottesfeld, 34). For example, a child fails to take care of his ageing parents.

c. Neurotic Anxiety

The last is neurotic anxiety. This anxiety is fear of something by the impulse of the id. When we feel like we are "lost," whether it is losing control, temperament, rationality, or even our thoughts, we have experienced what is called neurotic anxiety. Neurotic is the Latin word

for nervous. Neurotic anxiety stems from the conflict between the impulse of the id and desires (Freud, 7).

2. Defense Mechanism

According to Freud, the significance of the defense mechanism is helping people to overcome anxiety and prevent threats from the ego. But when the anxiety becomes overwhelming, the ego must defend itself. It does so by unconsciously blocking the impulses or distorting them into a more acceptable, less threatening form (7). Freud and his daughter Anna have discovered quite a few the defense mechanisms are explained below:

a. Repression

Repression, which Anna Freud also called motivated forgetting, is not being able to recall a situation or threatening event (8). Repression is an unconscious mechanism commonly used by the ego to continue to interfere or threaten to make someone aware.

b. Reaction formation

Reaction formation, which Anna Freud called believing the opposite, is changing an unacceptable impulse into its opposite (Freud, 10). Someone who experiences reaction formation is when they try to hide their true feelings and display opposite facial expressions from their actual expressions.

c. Displacement

Displacement is the redirection of an impulse onto a substitute target (Freud, 9). Displacement is “taking it out” on someone or something less threatening than the person who caused the fear, hurt, or anger (Tyson, 15).

d. Regression

Regression is a movement back in psychological time when one is faced with stress. Regression is a defense mechanism when individuals go back to the early period of their life more pleasant and free of frustration and anxiety now facing. Someone who does this mechanism will do an infantile attitude like a child to escape from the anxiety (Freud, 11).

e. Projection

Projection, which Anna Freud also called displacement outward. It involves the tendency to see your own unacceptable desires in other people. In other words, the desires are still there, but they are not your desires anymore (Freud, 10).

f. Denial

Denial involves blocking external events from awareness. Denial is refusing a fact, a realistic perception that is unhappy by losing or changing that perception to fantasy or hallucination (Freud, 7).

3. Character and Characterization

Character is part of intrinsic elements in a literary work. Abrams said in his book that “characters are represented in narrative work and interpreted by readers with moral, intellectual and emotion of what people say and what they do” (32). The character usually describes the daily life of human relationships, mostly in the form of fiction. It includes the character’s personality, the character’s conversation, their environment, and the explanation given so we can determine their personality because the characters act as the person responsible for the action in a story. According to Janovsky, “Character has the greatest effect on the plot and is affected by what happens in the story” (1). According to Klarer, there are two kinds of characters, namely major characters and minor characters. A major character has a crucial role in the movement of a story. A minor character is a character that supports and completes the existence of the major character.

In connection with the character, Hallet defines that characterization as “the process by which fictional characters are presented or developed” (7). Characterization gives more description of the quality of character that makes one character to one look different. Character and disposition refer to the nature and attitude of the character as interpreted by readers that show the more personal quality of a character in a literary work (8). Characterization is the way the writer of the story describes the characters in the story. Bacon stated that characterization is a name for the methods an author uses to reveal a character’s value, feelings, goals, etc. To the readers in a literary work. An author of a story has two kinds of techniques to characterize their character; they are direct and indirect characterization (1). Direct characterization is when an author conveys information about a character by telling the information directly to readers. Peterson says it often involves the use of external details, such as dress, behaviour, speech and speech pattern, and so forth. For example, “Charlotte seems a bright, articulate, and personable girl” (20). Bacon stated that indirect characterization occurs when the author shows the character in action and lets the readers interpret what these actions reveal about the character (1).

C. RESEARCH METHOD

The writer used a psychological approach to find the anxiety and the defense mechanism in this novel. According to Freud, psychological interpretation can afford many profound clues toward solving a works’ thematic and symbolic mysteries, but it can seldom account for the beautiful symmetry of a fictional masterpiece (qt in han et al. 126). It means that the psychological approach can be a basic mechanism to make the characters in a literary work have human traits, just like in real life. In corresponding to the explanation above, anxiety and defense mechanisms in *The Leap* novel can be examined through the actions motivated by the psychological forces of the main character, Charlie. In addition, Guerin et al. added, Freud has proved that the psychological forces in a human being are the motivation to most human actions (126). In this research, the writer focuses on the content of the novel *The Leap* by Jonathan

Stroud. The writer intends to see the anxiety and defense mechanism of Charlie as the main character.

1. Data and Source of Data

The data of this research were in the form of words, sentences, and dialogues, which reflected Charlie's anxiety and her defense mechanism after her friend died. The data source of this research was from *The Leap* novel by Jonathan Stroud.

2. Research Instrument

Barret, in his article entitled *The researcher as an instrument: learning to conduct qualitative research through analyzing and interpreting a choral rehearsal*, stated that in interpreting qualitative data, the writer has a significant role as a primary instrument for making sense of the phenomenon under study (417. Therefore, it can be concluded that the writer is the main controller in her research).

3. Data Collection

To gain a valid result, the next step is collecting the data as much as possible until the data is saturated. All the data is carefully collected from the primary data source. Some steps that the writer did to collect data and achieving the purposes of this research are as follows:

- a. In the first step, the writer read *The Leap* novel and tried to understand the novel deeply. Therefore, the writer would gain an understanding of the main points in the story.
- b. Secondly, the writer collected all information or references which concern the topic that the writer wants to analyze. They are about anxiety and defense mechanism.
- c. Thirdly, the writer identified the data related to the two research problems. In this step, the writer tried to read the novel several times in accordance with the related data. The last, the writer classifies the required data in accordance with the research questions.

4. Data analysis

After the data has been collected, the next step is analyzing the data. Ann B. Dobie, in her book, explained that to make a Freudian (psychoanalytical) of a text, the writer should be more focused on the work itself, including the conflicts, characters, dream sequences, and symbols. The writer also should have an awareness that outward behaviour may not be consonant with inner drives (61). Therefore, according to Ann B. Dobie, there are three steps to analyzing the data. The first step is prewriting, the second step is drafting, and the third step is revising (Dobie 72-73). Each of these steps is a useful way to explore data examining. Prewriting is the first step in the data analysis process. It includes the process of note-taking to find raw data. The writer needs to make preparations and plans about the chosen character and topic, then write a descriptive paragraph about the character. Drafting is the second step where the writer

begins to write about the writer's ideas in the form of a draft. Revising is the last step used in this data analysis. At this step, the writer must strengthen the writing and improve the results so that it can become quality writing. The writer must also observe and clarify what she wants to analyze. The writer can change either add, move, or even delete text that has been selected in order to improve the quality of this thesis.

D. RESULTS AND DISCUSSION

This chapter presents the findings of the study based on the research questions using the theory of anxiety and defense mechanisms in *The Leap* Novel by Jonathan Stroud. In addition, this chapter also consists of a discussion that focused on the anxieties and defense mechanisms experienced by Charlie compared with the previous studies.

1. Charlie's Anxiety and Defense Mechanism

This thesis focused on an analysis that discusses the anxiety of Charlie's character in *The Leap* novel and her efforts to overcome her anxiety by using defense mechanisms. In addition, to be more organized, the writer classified the findings based on the type of anxiety and then followed by the explanation of Charlie's defense mechanism. In this section, the writer starts to analyze Charlie's anxiety first and then follows it by her defense mechanism. The writer does not separate the anxiety and defense mechanism because the writer wants to show the relationship between the anxiety that Charlie experienced and the defense mechanism she used to overcome her anxiety.

a. Neurotic Anxiety and Displacement)

“Far off, in the green reaches, I saw Max. He was swimming, but swimming down, his face turned from the hot sun. **I pursued him with a knot of panic in my belly and the blood pounding in my head, but hard as I beat my legs, I could not catch him.**”
(Stroud 10)

Based on the data above, Charlie manifested her memory into her unconscious mind. Since the id is based on instincts, Charlie's anxiety was manifested in the form of panic in her stomach, and the blood was pounding in her head. As a result, Charlie felt very heartbroken because she could not save Max. Charlie's anxiety occurred when she panicked and hallucinated when she saw Max fall and drown in the lake. Charlie's id is shown when she wants to save Max, who falls and drowns in the lake. Behind Charlie's id, there is also Charlie's ego which makes her unable to help Max. Charlie's ego can be identified when she sees the hands of women who look like they are pulling Max so that they are drawn deeper into the lake. Charlie was afraid to save Max because of those women, and she was afraid that in the end, she might be pulled by the women because Charlie's id is controlled by her ego. She was unable to save Max. Therefore, Charlie experienced anxiety. This is why this data is categorized into neurotic

anxiety. In corresponding to Freud's three types of neurotic anxiety, Charlie has experienced the anxiety caused by her inner self. Charlie's anxiety can be known to be analyzed because of the characterization that she has. Based on Murphy's statement, Charlie's characterization above is categorized into indirect characterization, especially through Charlie's past life (Murphy 161-173). It can be seen through the writer's description about Charlie's past life when she lost Max to death. The author's description of Charlie's past illustrated the reasons why she had excessive anxiety and fear. The loss of her best friend had left an impression on Charlie so deeply that it caused him a deep sense of guilt. Moreover, the defense mechanism that Charlie used to overcome her neurotic anxiety is displacement.

"So I set about her with my fists, and tore myself from her slender arms." (Stroud 11)

The displacement defense mechanism is when someone used another way as a result of their fear about something so they would not be feeling the fear anymore and also the attempt to release some emotions. In this case, Charlie just remembered that the cause Max drowned was because he was pulled down to the lake by some pale women with long hair through their hands. During that time, Charlie was trying to pull Max up in order to save him and also to save himself, but he failed. Charlie was trying to reduce her panic by pulling her hand aside. With Charlie pulled away from her hand aside, it indicates that she has tried to get away from the place so she does not feel anxious again. Charlie was trying to displace her fear with another activity, which is pulling her hands away so she could run away and would not feel the anxiety anymore. The way Charlie pulled her hand aside also proved that she was mad at the women who were trying to chase her after they chased Max. It also became Charlie's way of "taking out" her anger towards the women who were trying to hurt her.

b. (Neurotic Anxiety and Denial)

"It seemed that the massive, unspoken certainly of everyone around me that Max was gone forever pressed down upon me every minute of the day. I had its heaviness when I awoke. When I lay down to sleep, and in every unappetizing minute of activity that filled the hours between" (Stroud 26)

Based on the data above, Charlie shows a form of external anxiety from her environment and causes her to be mentally burdened. After Max died, Charlie faced various pressures from the people around her by the fact that Max had really died. Since id is based on a person's instincts, Charlie's anxiety can be seen when the feeling has disturbed her, including her activities when she wants to sleep even after she wakes up. Those feelings have made her afraid to do activities outside her home. Behind Charlie's id, there is Charlie's ego which tries to ignore neighbours and people around her. She had noticed several times that the neighbour was glancing sarcastically at her as if she wanted to say that Max's death was Charlie's fault. This anxiety can be known to be analysed because of the characterization that she has. According to Murphy, it can be seen when the writer described the speeches of Charlie with people around her which made her anxiety even more difficult to control. Not only from Charlie herself, but her anxiety also arose from the people around her. The people in her environment had pushed

her to accept the fact that Max is already dead, meanwhile Charlie thought otherwise. Besides, the kids in her environment also often stared at her sarcastically as they were trying to put all the blame to Charlie. It made Charlie felt even more guilty. Meanwhile, the defense mechanism that Charlie used to overcome her neurotic anxiety is denial.

"But I see now that Max was always there, just out of vision, like that group of starts Dad used to point out to us when we were small, that mazy cluster that smudges into nothing when you look at it head on, but that flares into individual pinpricks of light when you look away." (Stroud 26)

Denial is refusing a fact, a realistic perception that is unhappy by losing or changing that perception to fantasy or hallucination. (Freud, 7). On this data, Charlie still rejected the fact that Max died. Charlie tried to explain to everyone that Max is still alive and stay in another place where no one else can see in person, but only Charlie because Max always appears through her dreams. This proved that Charlie used denial as her way to deal with the anxiety she faced.

c. (Moral Anxiety and Denial)

"The sand moved under me unchanging. **My heart was bursting in my chest. I was gasping, panting, straining with the effort. I panicked.** I admit it. I threw all my energy into calling out, hoping against hope that he would near me. I shouted his name out loud- and woke up." (Stroud 53-54)

Charlie is terrified when she sees a sole shoe pattern similar to Max's. Before she checked whether it really belonged to Max, Charlie felt scared, and she checked the sand behind the pattern of Max's shoes. She thought that Max was passing by the beach with someone. Charlie wanted to scream for Max's name in hopes that Max would see her in the back and try to catch up with her. At that moment, she began to feel gasping, panting, straining with the effort and panicked. Suddenly she woke up, and it turned that out that she was on the bed lying on her side and one leg in front and one leg behind her with a blanket wrapped tightly between her legs. Her body felt wet with cold sweat. Her big toe caught on the sheet, and her heartbeat so fast that her body shook too. This proves Charlie is experiencing moral anxiety because she could not see Max. Based on Murphy's characterization, Charlie's anxiety above is categorized into reaction. Charlie's panic reaction towards a shoe that has the same pattern as Max's shoes identified that Charlie had a panic attack marked by gasping, panting, and straining with effort.

Meanwhile, the defense mechanism that Charlie used to overcome her moral anxiety is denial.

"Now I knew why the dreams had affected me so strongly. Max was in them. He was there - and not a memory of him either, but a living, moving Max, the Max I'd lost. **If I followed, I could find him.**" (Stroud 54)

Based on the data above, it showed that Charlie could not accept the fact that Max had actually died. But she always tried to convince herself that Max was not dead. It is just that she has to find a way to save Max. She always thought that if she could follow Max in her dreams, she could save him. She also thought that her dreams were real. She felt that she was right behind Max, trying to convince herself that Max was alive. Even though she had witnessed the death

of her friend, Charlie's denial is contained in the statement, "If I followed, I could find him" it is clear that Max is still alive, according to Charlie.

d. (Moral Anxiety and Displacement)

"All this is clear to me now. But in those early days, before the dreams begin, **I lost my way completely. I was listless and sapped of strength. Everything I did seemed pointless**" (Stroud 27)

Charlie's anxiety arose because she felt guilty for what happened to Max. She felt that everything she did was in vain. Charlie felt that all her efforts, like chasing after Max to save him, seemed useless. Even though she thought she could save Max through her dream, her efforts never came to something useful. Even though she can save Max if she can chase Max in her dreams, maybe it all sounded absurd to the people around her, but she firmly believed that she could save Max. Although no one seemed to believe Charlie's words, Charlie understood that Max was always there. It is just out of sight. According to Charlie, Max is always waiting for her so she can save him. However, All these feelings were buried in her heart, making her feel even more guilty. Based on the explanation above, according to Murphy, Charlie's anxiety is occurred from her own thought. The writer directly explained Charlie's thoughts about Max. Charlie's guilt feeling is like a phantom for her and the peak of her guilt was when she finally realized that there was nothing he could do to save Max. Meanwhile, the defense mechanism that Charlie used to overcome her moral anxiety is displacement.

"I tried reading some of my old favourites, but their pleasures turned to dust on the page." (Stroud 27)

In this case, Charlie overcame her anxiety by trying to read some of her favourite old books. She does this so she can momentarily forget some of the things that have happened to her. Even after she reads her favourite book, she finds it bland sometimes. She also often found herself lying on the bed, with a book open in her lap, without thinking about anything. She felt that she should be playing outside more. However, at that time, the small rain kept pouring on the town, so it forced her to spend a lot of time indoors with her brother and mom. Apart from reading books, she also received an invitation from her brother to go out to try other activities such as watching movies, playing board games, and playing billiards. Her brother tries to get her out of the house so Charlie can forget about Max and so she can overcome her anxiety because of her guilt over Max's death.

2. Discussion

The research looked at what kinds of anxiety Charlie experienced in the novel and how Charlie overcame the anxiety she was experiencing. Two of the three anxieties that Charlie experienced are neurotic anxiety and moral anxiety. The first is neurotic anxiety, which is the most often felt by Charlie. The finding of this research is similar to the previous study from One Ivonda Riawandono entitled *Anxiety and Defense Mechanism of Anne Frank as Depicted in*

Diary of A Young Girl in 2018, which found that the character of Anne Frank experienced neurotic anxiety when she felt panicked because she was afraid that her parents would feel disappointed in her if she started defending herself in front of her parent's friend. She thought she would disappoint her parents if she stood up for herself. Both of Charlie and Anne actions are categorized into neurotic anxiety because they are both were having a very bad thought of something and also a panic attack. Those actions are the indicators of someone who has neurotic anxiety. The second is moral anxiety. This finding is in line with Fendy Yugo Sarjono's research entitled *Dr Leidner's Anxiety, reflected in Agatha Christie's Murder in Mesopotamia (Psychoanalysis)*. This research depicted the moral anxiety of Dr Leidner, who felt guilty of murdering his wife because he could not protect her. Both of Charlie's and Dr Leidner's feelings are considered moral anxiety because they felt guilty about something they could not do.

In this novel, the writer does not find data on realistic anxiety because realistic anxiety is closely related to the fear that is actually felt. It is also defined as an unpleasant, unspecified feeling that involves possible harm. This anxiety could make an individual feel very afraid to leave the house. The effects of this type of anxiety have relevance to dizziness, heartbeat, and difficulty of breathing. Meanwhile, this novel contains a fictional story from two worlds, and there are the dream world and the real world experienced by Charlie character. So there is no data found regarding real fear.

The writer also explains how the main characters overcome the anxiety they experience by using a defense mechanism. From the research results, it was not found all types of defense mechanisms in the novel. There are only two types of defense mechanisms used by Charlie, and there are displacement and denial.

The first is displacement, as it is known as a defense mechanism when someone uses other objects or distractions as a result of her fear of something. Charlie overcame her anxiety by trying to read some of her favourite old books so that she momentarily forgot some of the things that had happened to her. Even after she had read her favourite book, she sometimes found it bland. She also often found herself lying in bed, with an open book in her lap, without anything. She felt that she should play outside more often.

The second is denial which is depicted when she was always trying to convince herself that Max is not dead. It is just that she has to find a way to save Max. She always thought and believed that if she could follow Max in her dreams, then she could save him. These two findings of defense mechanism are almost similar with the previous study from Nuraeni entitled *The Main Character Analysis on Anxiety and Defense Mechanism in Bridge to Terabithia Novel* in 2010, found that the character Jesse overcame his anxiety with displacement and denial as a defense mechanism. Displacement can be seen through his behavior that he used May Belle (as his defense because he thought that May Belle was less threatening than other people who have confronted him). Then as well as denial can be portrayed when Jesse heard the news about Leslie's death, and he did not believe it. He called everybody that told him that Leslie's death was a liar, even his own father. Both of them showed that they doing something else to reject the fact.

Contrary to the previous studies, there are 4 defense mechanisms which not found on Charlie's character, those are reaction formation, projection, repression and regression. Reaction formation is doing the opposite of what you want to do. This is to reduce by taking the feeling that is not. In this case, Charlie always put on a facial expression that matched what she felt. Repression is an unconscious mechanism commonly used by the ego to continue to interfere or threaten to make someone aware. In this case, Charlie is able to remember what happened between her and Max in the day. Charlie just wanted to say that Max was always in a place where no one else could see him in person. Therefore, she created a new fact that she wanted to believe. Projections were not used by Charlie either. In this case, Charlie realizes that Max is dead, only she does not want to believe what has happened. Lastly, the defense mechanism that Charlie did not do in the novel is regression. Regression is the movement back to psychological times when a person is exposed to stress. In this case, Charlie always showed a patient attitude without having to change her attitude at all in order to get rid of the reduction she experienced.

After doing this research, the writer realized that anxiety is something that is often encountered in everyday life. However, instead of focusing on anxiety itself, each individual must try to find a way to get out of the anxiety their experiencing by using a method called a defense mechanism. Furthermore, the writer hopes that through this research, the writer and the readers will be able to recognize their respective anxiety and also how to overcome it through defense mechanisms.

E. CONCLUSION

After analyzing the anxiety and defense mechanism of the main character in Jonathan Stroud's novel *The Leap* using a psychological approach by Freud, especially regarding anxiety and defense mechanisms, the writer could draw the following conclusions.

Firstly, based on Freud's theory, there are three types of anxiety, namely moral anxiety, neurotic anxiety, realistic anxiety. In this novel, there are 2 out of 3 anxieties that arise through the various events experienced by Charlie. Those anxieties are neurotic anxiety and moral anxiety.

Secondly, in this thesis, the writer mentions that there are several types of defense mechanisms, namely repression, reaction formation, displacement, regression, projection, and denial. However, there are 2 out of the six defense mechanisms used by Charlie to overcome her anxiety, those are displacement and denial. Displacement is done when Charlie uses other things as a result of replacing her fear of something so that she is no longer afraid and also attempts to release emotions. Denial is made when Charlie could accept the fact that Max is actually dead. But she always tries to convince herself that Max is not dead. It is just that she has to find a way to save Max. She always thought that if she could follow Max in her dreams, she could save him.

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